HAVING A CONVERSATION ABOUT MENTAL HEALTH



RESOURCES FOR FAMILIES AND COMMUNITY

SERVICES	PHONE	WEBSITE
Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au eheadspace.com.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicide callback services.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	pmh.health.wa.gov.au/generalCAMHS/ community.htm
Mental Health Emergency Respnse Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au

ONLINE RESOURCES	
Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

Download these Apps for free in iTunes or Google Play











Smiling Mind

Mindshift

Reachout Worry Time

What's Up?

The Check-in

COPING STRATEGIES & CONVERSATION STARTERS...

Ask yourself, "What do I need right now?" say "I can do this" Ask for a break

Express your feelings to someone

Talk to an adult

Talk to a friend

Eat a healthy snack ldentify your emotions

for help

Ask an adult

Get enovgh sleep

Give Someone a NV9

Tell someone you are thankful for them